

May/ June 2011

# The Rapid Eye Institute's 28th Anniversary Newsletter

## *Journey of Rapid Eye Technology*

Wow!! What a journey it has been the last twenty eight plus years! It's amazing what we can accomplish when we are quite and listen to Spirit.

I am deeply grateful for the many people who have showed up for me and assisted in the research and development of RET. We have come from a few to many thousands of Technicians and Trainers. I love and appreciate all those who assist behind the scenes as well as staff, family and friends.

We are a worldwide licensed Vocational School reaching the masses by Distance Learning. Rapid Eye is on the cutting edge of a fast, natural and safe way to release old trapped stress, trauma and to re-pattern nonproductive family traits and patterns of abuse, neglect, ignorance, and fear.

Thousands have had their lives changed, marriages saved, children off drugs etc... all by our wonderful Technicians using Rapid Eye Technology. Our Trainers are powerful leaders taking RET to the rest of the world.

When a great idea is born, it grows slowly at first, growing faster and faster over time until the information explodes, becoming almost universally known.

I love and appreciate all of you and I am humbled by your greatness. I am looking forward to wonderful growth and powerful change in the years ahead.



Blessings,  
Ranae Johnson, founder

### Special points of interest:

- Check out the Rapid Eye Website makeover
- Meditation is the key to peace and spirituality
- Energy exercises (see Donna Eden, Energy Medicine) can help give your body a boost by clearing chemical toxins and get energy flowing
- Utilize Facebook and blogging to market <http://marketingforhippies.com/kyle-mcneil-talks-facebook-and-blogs/>

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## Happy 28th Anniversary RET

### *A Meditation by Ranae Johnson*

Close your eyes and take three deep breathes. Say to yourself, "I am still, still, still and relaxed." Another deep breath in from the nose and let it out slowly from your mouth. "Relax, relax, relax." Move deep within your mind-examine all the thoughts, feelings, and beliefs that have been stored there for a long time. (pause) When a negative thought or experience comes to mind say to yourself, "I release this to a higher power to dissolve into the light now." Say to yourself, "I release and forgive all persons associated with these experiences. I call on beings of Light to take the energy of this memory into the light or to energy more in harmony with it; I ask that it be done now!!" Now take three deep breathes and say to yourself again, "I am still, still, still and relaxed." Another deep breathe in from the nose and let it out slowly from your mouth. Relax, relax, relax. Imagine yourself sitting very relaxed in a beautiful beam of golden Light; it is pouring down through the top of your head and all around your body making you feel warm and tingly all over. Say to yourself, "I choose to surrender to this light and the Light within. I choose to understand and believe that all things are possible. I choose to be one with the Light; to go forth and use the Power within me to create peace, health, wealth and good loving relationships everywhere I go in my life and I will assist others to do the same." Spend some time here listening; say, "I am willing to learn." (pause) Now imagine yourself directing this light to keep flowing through you and down into the Earth. Imagine that the Light grounds your energy to the Earth and then flows back up through every cell in your body, cleansing and lifting your consciousness to vibrate with the Light. Let the Light continue to flow up through the top of your head connecting you to Spirit and grounding you to Earth. (pause) Take three deep breaths and slowly bring yourself back into your own body here and now. Open your eyes feeling relaxed, grounded and energized...

Blessings,  
Ranae

### **Namaha meditation by Claudia Bianca**

Namaha means "not me" or "it is not about me" reflecting that we are not the ones in control.

When we feel lost or confused & don't know which way to turn:

Inhale & say silently: "It is not about me. Namaha"

Exhale: "All is well. Namaha"

Inhale: "There is a greater plan. Namaha"

Exhale: "I have faith. Namaha"

Then simply repeat Namaha until it fades and its essence fills your consciousness.

# Happy 28th Anniversary RET

## What I Have Learned at RET Training

by Tonjia Mallory, MRET

RET Training is a wonderful, high-energy, fast-paced learning experience, and SO worth it! For many new techs, it may take time to fully understand what trainers are talking about when they say, “Trust the process,” “Get yourself out of the way,” and “Do not be attached to the outcome.” For this special anniversary edition of the RET Newsletter, I'm sharing some of what I have learned at the Rapid Eye Classes.

The beauty of RET is that you don't have to have 10+ years of experience to assist your clients in a profound way. When working with clients, perform the sessions as they are outlined in the manuals. Follow the steps. Another way of saying, "Trust the process." Rapid Eye's 28 years of experience has proved out what works best.

Getting yourself out of the way becomes easier and easier with practice. When proficient in your skills, you no longer have to think about what you are doing, the initial nervousness drops away, and it is easy to get yourself out of the way. In fact, that is when you will do your best work. You move into a flow: technician, client, and the RET processing all engaged in an elegant expression of the principle of Harmony and Rhythm.

How can we be unattached to the outcome when we chose this path to be of service and to assist others? Being unattached comes with the understanding that the healing of another is not about technician, or skill level, or experience. It is about the client, and where they are on their journey when their path connects with you and RET. Being unattached is the wisdom to know if a client is ready for healing... you can definitely facilitate it. If they aren't, no one can.

Rapid Eye Technology is the product of Divine inspiration, and years of dedicated research. You have been trained in a comprehensive energy healing modality. You really do have all the skills and tools you need.



*May 9th, 2011 was the Rapid Eye Institute's  
28th Anniversary  
Here's what people are saying...*

From Sushila Mertens

*"Happy 28th Anniversary for Rapid Eye Technology. Thank you Ranae for creating this amazing healing process. Your life work has touched and improved so many lives, including mine. Love you and all the RET family."*

By Ladawn Dewitt reflecting RET Techs all over the world

*"Happy 28th Anniversary Rapid Eye Technology! Thank you Dr. Ranae Johnson, Trainers and Rapid Eye Technicians for your skilled and loving ways that have helped so many heal from their pain and step into peaceful lives!"*

Selene Dobson, IRT/Self-empowerment Coach Mind Body Connection

*"28th Anniversary-That is awesome! Thanks for sharing Ranae and for all you do to bring about a more positive collective conscious. I am so grateful every day to be part of what God has asked you to do. Know you are loved, abundant and blessed."*

*Dear Ranae and all those at the Rapid Eye Center,*

*Thank you for letting me know and Happy Anniversary. Rapid Eye has made a great difference in my life and in the lives of all my clients. What a blessing that Ranae brought this forth for all of us and the planet. Thank you God.*

*Love Always, Claudia Harrington*

*Hello Ranae and RET Team,*

*Happy Anniversary! Wow! Congratulations! The spirit of Rapid Eye Technology is permeating throughout the planet-- absolutely! More than the spirit though, RET is healing me, you and securing our connection with God. I love, love, love RET! I am committed. It is my life purpose to get it out there too!!!!*

*Thank you RET!!!*

*Love, Deborah xo*



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# The Rapid Eye Family

by Claudia Bianca, MRET

Rapid Eye Trainer

In celebration of our 28<sup>th</sup> year, and my 20<sup>th</sup> in private practice (August 2012), congratulations and deepest gratitude to Ranae for her vision, to all the clients, technicians and trainers who researched and developed RET over the years, and to all who have yet to come to the Rapid Eye family. They, too, will bring gifts that will transform the way we share Rapid Eye with the world. They are the jewels yet to be.

We like to view ourselves as independent creatures...independent from each other, our environment, our means of earning a living, our driving techniques, and our verbiage. Yet, I have come to realize this is impossible. Our evolution as humans has enhanced our ability to connect first as a tribe, then as a family, then a community, a State, a Nation and now it is global. This seemed to happen overnight, yet the progression has been gradual. We weren't ready to embrace the concept that there is only "one of us here" and that all the energy we put out creates a wave of "effect" to everything and everyone around the world. We had to get used to the idea, embrace it and then return to the "cause" aspect of the idea. If I wanted to inspire my child to greatness, what would she/he need to know about themselves to strive to that greatness? What would I say? How would I encourage?

Now we have increased our capacity to connect and our ability to handle energy to the level of realizing that being at the 'cause' of this energy is where the accountability for inspiration is. Imagine the world covered by a large spider-like web and when a fly hits one part of it, the vibration (effect) is felt everywhere. I remember when 9/11 happened and feeling surprised that so many countries responded with such deep feelings, empathy and outrage. There is no such thing now as a foreign country. What happens in the Middle East or Asia, or Africa directly affects those of us in the U.S. as when a nuclear power plant is destroyed by a quake, it changes how we view the handling of nuclear power safely.

Knowing this, how do we become responsible and accountable for what we put out onto the web of life? Why do we put some energy out and get an entirely different response than we first imagined? What makes us unwittingly hurt someone? The brief answer is awareness and the deep answer is awareness. We are one. When we have patterns running in an unconscious mode, it takes us from the present moment and catapults us into the future or past. We speak and act unconsciously and the fallout can be overwhelming. Then we beat ourselves up and our energy sinks even lower. With **Rapid Eye Technology** we can access these patterns that are running (and no longer working in our lives), release them and create a new pattern of connection and support. This is done without diagnosis, drugs, or machines - it is our body's natural process of REM sleep and a gentle, safe modality that creates dramatic change in a short amount of time. This change happens quickly because you, the client, are using your own tools that work for you rather than taking on someone else's ideas and trying to fit your life into their box.

Rapid Eye allows permanent change in our lives and the lives of our clients. I have been blessed to experience this first hand. Since the mid 1990's Rapid Eye has been my only source of income. I just couldn't see myself doing anything else once I found my passion. We have the joy of giving and receiving with every session. Blessings to the technicians and thank you for your love and support; and back to you ten-fold.



Claudia Bianca, **MRET** is a Master Rapid Eye Therapist/**RET** Trainer sharing twenty years of private practice with **Rapid Eye Technology**. She is located in Taos, New Mexico and has been seeing clients in Summit County for nine years. She offers Immersions of RET, workshops and classes for RETechs. Email questions to [seeublink@aol.com](mailto:seeublink@aol.com) or visit [www.claudiabianca.com](http://www.claudiabianca.com)

# Be the Messenger!

by Lynell Beckstrom

No more excuses now. God, or Universe, can use you to your full potential. Besides you aren't the message, you are just the messenger. In the Circle of God's love, God's waiting to use your full potential.

1. God wants spiritual fruit, no religious nuts.
2. Dear God, I have a problem, it's me.
3. Growing old is inevitable, growing UP is optional.
4. There is no key to happiness. The door is always open.
5. Silence is often misinterpreted but never misquoted.
6. Do the math. Count your blessings.
7. Faith is the ability to not panic.
8. Laugh everyday, it's like inner jogging.
9. If you worry, you didn't pray. If you pray, don't worry.
10. As a child of God, prayer is kind of like calling home everyday.
11. Blessed are the flexible for they shall not be bent out of shape.
12. The most important things in your house are the people.
13. When we get tangled up in our problems, be still.
14. A grudge is a heavy thing to carry.
15. He who dies with the most toys is still dead.



## *Intention*

*by Gloria L. Henricks, MA, MRET, LFMT*



Intention is part of the magic that makes things happen. In order to do Rapid Eye Technology sessions that create dramatic and memorable results for clients, it is important to take the time to get an intention that is a core issue for the client.

An early example from my career doing rapid eye technology was with a woman who was being battered. When I asked her what she wanted to work on, she said “fear of being alone.”

She worked on that during her session. That night she packed up her things and moved out while the batterer was at work. She then ended up moving out of town to keep herself safe.

Another example of getting the correct intention was with a fellow from Eugene, Oregon. His wife had left him five years ago. She ran off with his best friend and married him. The client acted as though it had just happened. He still had to deal with both of them as they were co-parenting their 8 year old son. He would have to see his ex-wife every Friday and Sunday. We did a rapid eye technology session with the intention of him having closure on the marriage. Six hours after the session, his wife contacted him and was wanting to make amends for the betrayal. He felt detached from her and was willing for that to happen.

Rapid Eye Technology is a very powerful tool. People’s lives can be changed and healed. It is important to get a clear intention so that the session can have a high impact for the client.

### **RET Testimony**

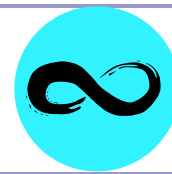
I experienced my first session of Rapid Eye Technology in 1999. I was amazed with how I felt and returned for more. By the fifth session I just knew inside that I would be a technician myself and set out to become one. It has been a great journey - one of helping myself, my family and others along their paths. The most unique and wonderful thing about RET is that the change that you will experience is from within. Everything just lightens and new perspective comes in. It became possible for me to choose differently for myself and helped me to learn how to be my own guide in my healing. I love helping others with RET and am so grateful to have been led to this alternative form of healing for our deepest fears, angers, and sorrows. I have seen many lives changed for the good and would highly recommend this method to anyone! Thanks, Ranae.

Jana Bremer, MRET, North Logan, Utah

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# Continuing Education Courses



***Rapid Relief Seminars*** is proud to announce the opening of their Continuing Education Credits Program in Washington State. The first two classes are titled “Understanding and Addressing Complex PTSD in Your Patients and Yourself” and will be held in Richland, WA on July 22, 2011 at The Salvation Army Meeting Room, 1219 Thayer Drive, Richland, WA 99352, and in Salem, OR on July 13, 2011 at The Rapid Eye Institute, 3748 74th Ave. S.E., Salem, OR 97317. Both courses are 10 am to 6 pm. Class Fee: \$85 pre-register and \$90 at the door.

Register at [www.RETRapidRelief.com](http://www.RETRapidRelief.com)

## **Course Description:**

- The differences between PTSD and Complex PTSD
- The Effects on Individuals and Signs and Symptoms
- Implications for Practice
- Practical Therapeutic Applications
- 6.5 Continuing Education Credits, pending

Instructor: Lynette Butcher, RN, MEd, PhD, LMHC, MAC

Lynette has been in Human Services field as a registered nurse, a licensed mental health counselor and chemical dependency counselor for over 20 years. She has participated not only in field and research work but also in hands-on care. The creative team for this presentation includes several well versed professionals. Treat yourself to a very informative, fun, and interactive day with other like-minded individuals.



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[www.rapideyetechnology.com](http://www.rapideyetechnology.com)

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*Rapid Eye Technology's mission is to teach unconditional love, release pain and strengthen families*

The Rapid Eye Institute prides itself on high standards of excellence and attention to technician support.

Learn Rapid Eye Technology and affect positive social change. We provide adult learners broad access to a high quality of education which prepares graduates to achieve professional excellence.

Get started as a RET Technician today. Call Ranae at 503-399-1181 with questions.

<http://rapideyetechnology.com/course.htm>



Editor of RET  
Newsletter

It's a privilege and honor to be a part of the Rapid Eye Institute family. Thank you, Ranae for being a positive leader, who has courageously stood by your vision to heal.

I can not emphasize enough that if you are looking for a new career or just ready to move into your own, unique and divine light, Rapid Eye Technology will get you there. It's in each and every one of us, to be the gift we are and share that with our family, friends and the world.

In love, light and gratitude, Melanie Gentzkow, MRET

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### **Promise Yourself (by Christian Larson)**

- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet.
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to work only for the best and expect only the best.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful countenance at all times and give every living creature you meet a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble.

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